

Halide Zeynep Aydin
Postdoctoral Research Fellow
Nutrition and Food Studies
George Mason University
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Education

University of South Carolina (Columbia, South Carolina)	Hlth Prom, Edu/Behav	PhD	2025 (E)
Bangor University (Bangor, Wales)	Clinical and Health Psych	MSc	2020
University of Worcester (Worcester, England)	Psychology	BSc	2019

Professional Experience

Postdoctoral Research Fellow, Nutrition and Food Studies, George Mason University 2025-present

Graduate Research Assistant, University of South Carolina 2021-2025

Guest lecturer, University of South Carolina October, 2024

Assistant Lecturer, Istanbul Medipol University September-January 2021-2022

Memberships & Associations

Society of Behavioral Medicine
American Public Health Association

Scholarships/Fellowships

Butterfoss Community-Based Research Endowed Fellowship	2023-2024
Olga I. Ogoussan Doctoral Research Award	2024-2025

Professional/University Service

Student Engagement Committee, Health Promotion, Education and Behavior	2021-2024
International Student Officer, University of Worcester	2019-2020

Peer-Reviewed Publications:

1. **Aydin, H. Z.**, Aydin, K., Karaboğa, H. A., Yildiz, N. G. (2025). Factors Associated with Basic and Instrumental Activities of Daily Living (ADL/IADL) Among Older Adults: Türkiye Health Survey. Yaşlı Sorunları Araştırma Dergisi, 18(2), 49-60. <https://doi.org/10.46414/yasad.1748588>
2. **Aydin HZ**, Okpara N, Dubois KE, Jones MM, Carswell J, Wilcox S, Friedman DB, Liese AD, Turner-McGrievy G. Perceptions of the Three Dietary Patterns of the 2020–2025 United States Dietary Guidelines Among African American Adults After a 12-Week Randomized Intervention Trial to Reduce Type 2 Diabetes Risk: A Qualitative Study. Nutrients. 2025 Oct 31;17(21):3453.

3. Turner-McGrievy G, Monroe C, Delgado-Diaz C, **Aydin HZ**, DuBois K, Kim Y, Valafar H, Wilcox S. Incentivizing social support in the randomized mobile Lifestyle Intervention for Food and Exercise study: the impact of gamification on social support perceptions, provision, and receipt. *Translational Behavioral Medicine*. 2026;16(1):ibaf086.
4. Turner-McGrievy GM, Delgado-Díaz DC, DuBois KE, **Aydin HZ**, Monroe CM, Kim Y, Hardin J, Wilcox S, Valafar H. The mLIFE randomized trial examining the impact of gamifying social support provision for weight loss. *Obesity*. 2025 Jul 8. , Research , July 8, 2025
5. Yildiz NG, **Aydin HZ**, Aydin K, Yildiz H, Sambo G, Mwamulima B, Zonda JM, Phiri D, Phiri YV. Understanding adverse childhood experiences and the call for trauma-informed healthcare system in Turkey: a review. *Health research policy and systems*. 2024 May 31;22(1):63. , Research , May 31, 2024
6. Yıldız NG, **Aydin HZ**, Sambo G, Aydın K, Yıldız H, Santri IN, Wardani Y, Mwamulima B, Isni K, Phiri YV. The mediating role of depressive symptoms among Turkish population related to gender and low back pain: evidence from a national health survey. *BMC Public Health*. 2024 Apr 23;24(1):1136. , Research , April 23, 2024
7. Nkambule BS, Sambo G, **Aydin HZ**, Yildiz NG, Aydın K, Yildiz H, Santri IN, Wardani Y, Isni K, Mwamulima B, Phiri YV. Factors associated with HIV-positive status awareness among adults with long term HIV infection in four countries in the East and Southern Africa region: a multilevel approach. *PLOS Global Public Health*. 2023 Dec 5;3(12):e0002692. , Research , December 5, 2023
8. Yıldız NG, Aydın K, **Aydin HZ**, Phiri YV, Yıldız H. Factors Related to Prevalence of Depression in Türkiye: A Population-Based Study. *Turkish Journal of Psychiatry*. 2023 Nov 19;35(3):167. , Research , November 19, 2023
9. Yıldız NG, **Aydin HZ**, Aydın K. Nationwide Study of Basic and Instrumental Activities of Daily Living in individuals aged 65+ living at Home. *International Journal of Disabilities Sports and Health Sciences*. 2023;6(Special Issue 1-Healthy Life, Sports for Disabled people):330-40. , Research , October 25, 2023
10. Turner-McGrievy GM, Wilson MJ, Carswell J, Okpara N, **Aydin H**, Bailey S, Davey M, Hutto B, Wilcox S, Friedman DB, Sarzynski MA. A 12-week randomized intervention comparing the healthy US, Mediterranean, and vegetarian dietary patterns of the US dietary guidelines for changes in body weight, hemoglobin A1c, blood pressure, and dietary quality among African American adults. *The Journal of Nutrition*. 2023 Feb 1; 153(2):579-87. , Research , February 1, 2023
11. Phiri YV, Aydın K, Yıldız NG, Motsa MP, Nkoka O, **Aydin HZ**, Chao HJ. Individual-level determinants of depressive symptoms and associated diseases history in Turkish persons aged 15 years and older: A population-based study. *Frontiers in Psychiatry*. 2022 Dec 1; 13:983817. , Research , December 1, 2022

12. Turner-McGrievy GM, Wirth MD, Bernhart JA, **Aydin H**. The Fasting and Shifted Timing (FAST) of Eating Study: A pilot feasibility randomized crossover intervention assessing the acceptability of three different fasting diet approaches. *Appetite*. 2022 Sep 1; 176:106135. , Research , September 1, 2022
13. Okpara N, **Aydin H**, Turner-McGrievy B. Behavioral health interventions that target improvement of self-compassion: a narrative review. *Annals of Behavioral Medicine*. 2022 Apr 22 (Vol. 56, No. SUPP 1, pp. S124-S124). , Research , April 22, 2022

Professional Presentations, Exhibitions, and Performances:

1. Okpara, N., **Aydin, HZ.**, Bell, A., Turner-McGrievy, G. M., Jones, M., Armstrong, B., & Annang-Ingram, L. *"I'm so much more than just my body": A qualitative study examining eating behaviors, nutrition interests, and influences on Black/AA teenage girls' eating behaviors and body image to inform a culturally appropriate nutrition intervention*. Oral presentation at the *International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference*, Auckland, New Zealand. June 2025.
2. **Aydin HZ**, Turner-McGrievy GM, Delgado-Díaz DC, DuBois KE, Monroe CM, Wilcox S, Kaczynski AT. Development of the SWEET-BEAR Scale: A Comprehensive Tool for Assessing Burden, Enjoyment, and Rewarding Aspects of Self-Monitoring in Diet, Physical Activity, and Weight. *Society of Behavioral Medicine 2025 Annual Meeting*. March 2025.
3. Turner-McGrievy GM, Delgado-Díaz DC, DuBois KE, **Aydin HZ**, Kim Y, Valafar H, Monroe CM, Wilcox S. Gamifying social support in a weight loss intervention for adults: The 12-month mobile Lifestyle Intervention for Food and Exercise (mLife) study. *Society of Behavioral Medicine 2025 Annual Meeting*. March 2025.
4. **Aydin, H. Z.**, Turner-McGrievy, G., Okpara, N., Wilson, M. J., Carswell, J., Wilcox, S., Friedman, D. B., Liese, A. (2023). Perceptions of the three dietary patterns of the 2020-2025 United States Dietary Guidelines among African American adults after a 12-week type 2 diabetes risk reduction randomized intervention trial. Poster presentation at *ESPEN Clinical Nutrition & Metabolism Congress*. September 2023.
5. Turner-McGrievy, G. M., Monroe, C. M., Delgado-Díaz, D. C., DuBois, K., **Aydin, H. Z.**, Wilcox, S. (2023). Provision of social support is associated with 3-month weight loss in the mobile Lifestyle Intervention for Food and Exercise (mLIFE) study. Oral presentation at *International Society of Behavioral Nutrition and Physical Activity Annual Meeting*. June 2023.
6. McGrievy, M., Hester, A., Turner-McGrievy, G. M., Whalen, L., Monroe, C. M., Delgado-Díaz, D. C., DuBois, K., **Aydin, H. Z.**, Wilcox, S. (2023). Design, technical challenges, solutions, and participant feedback of the mobile Lifestyle Intervention for Food and Exercise (mLIFE) app. Poster presentation at *International Society of Behavioral Nutrition and Physical Activity Annual Meeting*. June 2023.
7. Okpara, N., **Aydin, H. Z.**, Turner-McGrievy, G. (2023). Behavioral health interventions that target improvement of self-compassion: A narrative review. Presented at *Society of Behavioral Medicine Annual Meeting*. April 2023.

8. Wilson, M. J., Bernhart, J., Okpara, N., **Aydin, H. Z.**, Carswell, J., Turner-McGrievy, G. M. (2022). Incorporating cultural relevance into a teaching kitchen's dietary guidelines intervention for African American adults. Presented at *Teaching Kitchen Research Conference*. October 2022.